

FAITH



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9 JANUARY 2022 | VOL.II ISSUE 6

Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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FEAST OF THE BAPTISM OF THE LORD

Year C

Sunday Mass Readings

First Reading:

Isaiah 40:1-5, 9-11

Responsorial Psalm:

Psalm 103

Second Reading:

Titus 2:11-14; 3:4-7

Gospel:

Luke 3: 15-16, 21-22

*'You are my Son, the Beloved; my
favour rests on you'.*



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Hear

Grab your Bible and look up the Gospel reading.
Don't have one? No worries, you can find this
week's readings online [here](#).

Check out [this video](#) of the Gospel for children.

Pray

In the Gospel today we hear the familiar story of
Jesus being baptised in the River Jordan by his
cousin, John the Baptist.

Take some time to reflect on the key message of
this week's Gospel. Think about the following:

- What is the Holy Spirit saying to you through
this piece of Scripture? How do these words
resonate with you personally?
- Imagine yourself there at the scene at the
River Jordan, seeing Jesus receiving baptism
from John, and hearing the voice of the
Father saying, *"You are my Son, the Beloved;
my favour rests on you."* How does it
concretely impact your life to believe in the
divinity of Jesus?
- As a child of God through baptism, do you
believe that the Father also looks at **you** as
His beloved son or daughter? Rest with that
idea in prayer, allowing God to show you His
fatherly heart.

Talk

On Thursday we celebrated the feast of the
Epiphany and already today we are celebrating
the feast of the baptism of Jesus as a fully grown
adult! This is another "epiphany", another
moment where God manifests Himself to us.

Discuss the following as a family:

- What makes our family special? What are
some of the things we do that are important to
our family? Customs, traditions, habits?
What days do we celebrate? How do we
celebrate? How do we show our love and
appreciation?
- At our Baptism we become a member of
God's family: we become sons and daughters
of God the Father! How would people know
from observing our family that we belong to
God's family too?
- What are some of the challenges we face in
being faithful Catholics? Each person might
face individual difficulties. Pray together as
a family to always remain faithful to Christ!

Family Challenge!

Find out the baptism dates of each member of your
family, mark them on your calendar and celebrate
them throughout the year!

Kids Corner

Check out page 3 for a picture to colour from this week's readings!

Song of the Week!
BAPTISM SONG

Mission:

Can you find out what day you were baptised? This was a very special day and one you can celebrate, a little like your birthday, because this was the day you became a child of God!



Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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ANOTHER "EPIPHANY"

Today we celebrate the feast of the Baptism of the Lord. In today's Gospel, as in the other Gospel accounts of Jesus' baptism, we hear John the Baptist address the confusion of the people who thought that John might be the Messiah. In response, John contrasts the baptism that he performs with the Baptism that Jesus will inaugurate. John the Baptist says that he has baptized with water, but that someone will come and baptize with the Holy Spirit. The type of baptism that John performed was not yet a Christian Baptism; it was a preparation for Christian Baptism through which sins are forgiven and the gift of the Holy Spirit is received.

The baptism of Jesus is reported in each of the three Synoptic Gospels—Matthew, Mark, and Luke. Clearly, it was an event of great significance for Jesus and for the early Christian community. The Evangelists Mark and Luke report the story from Jesus' perspective; the voice from heaven is addressed to Jesus. Compare this to Matthew's Gospel in which the voice from heaven speaks to everyone. In Luke, however, the Holy Spirit descends upon Jesus during his time of prayer after his baptism. Through his Gospel, Luke will show Jesus to be a person of prayer who withdraws regularly from the crowds and his disciples to pray to his Father.

The baptism of Jesus is considered a manifestation of God in Jesus, another "epiphany." On this, the last day of the Christmas season, our Gospel reveals to us Jesus' relation to God: the son of Mary and Joseph is also God's own Son. In Luke's Gospel, all three members of the Trinity are manifested here: God the Father in the voice, the Holy Spirit descending, and Jesus the Son. At the beginning of his Gospel, Luke is communicating to us important information about the identity of Jesus. In the verses that follow, Luke lists the genealogy of Jesus, tracing Jesus' ancestry back to the first person, Adam, who is also identified as the son of God. We, the children of Adam and Eve, are again made children of God through Baptism.

The Sunday Connection - Loyola Press

EVENTS

Fire in the South: a Catholic Charismatic Outreach Movement to enable people to encounter the personal love of God Father, Son and Holy Spirit. companionship, music, sharing, prayer, the odd funny story, sacred scripture & adoration. Every Wednesday, 8 - 9.15pm (Re-starting in Mid-January) Zoom ID: 86141473152 Password: FIRE

Introduction to Theology of the Body

Mondays 7.30 - 9pm, Feb 14th - April 4th. Foyer of Charity, Dunmore East, Co. Waterford. Registration is essential. Please contact Helen at 086 1678027 or email hellywilliams@gmail.com

Got a Minute? New YouTube Series with Bishop Phonsie Cullinan on the Diocese of Waterford and Lismore YouTube Channel weekly

Family Prayer

O God our Father, in Jesus you call all Christian families and homes to be signs of living faith. By the light of the Holy Spirit, lead us to be thankful for the gift of faith, and by that gift may we grow in our relationship with Jesus, your Son, and be confident witnesses to Christian hope and joy to all we meet. In the name of Jesus Christ our Lord. Amen

www.usccb.org

Consistency will beat intensity every time.
- Fr Mike Schmitz -



1% CHANGE EVERY DAY?

The story of the Baptism of Jesus might seem simple enough until we start probing a little deeper. Why was John baptising people in the River Jordan? So they could repent of their sins and prepare for the coming of the Messiah. Did Jesus need to repent of any sins? Of course not, He is God, and He was the coming Messiah. So why did he get baptised? Jesus' baptism was symbolic. Jesus, as God, actually sanctified the waters by His descent into them, rather than needing to be cleansed of any sin. His baptism was for our sake, not for His. He chose to embrace and represent the human condition which is broken and in need of forgiveness and healing, and this was symbolised at his baptism. His public ministry is about to begin, and at that moment, the Father says, "You are my Son, the Beloved; my favour rests on you." The will of Jesus was completely united with the Will of the Father. If we want to become the person God is calling us to be, we also need to unite our will to His, and follow His guidance for each day and each action of our lives! Spend time this week praying, journaling and committing to the kind of person God wants you to be at the end of this year: what virtues, decisions, growth, pruning, change will that require? when you're ready, commit to your first 1%, and then repeat daily till the end of the year! keeping a journal, a written record, will help you.



VIDEO: The Secret to Sticking to a New Year's



Resolution (Fr Mike) / TUNE: Your Plans for Us

(Eleventh Hour Worship) / **RESOURCE:** The 1% Rule

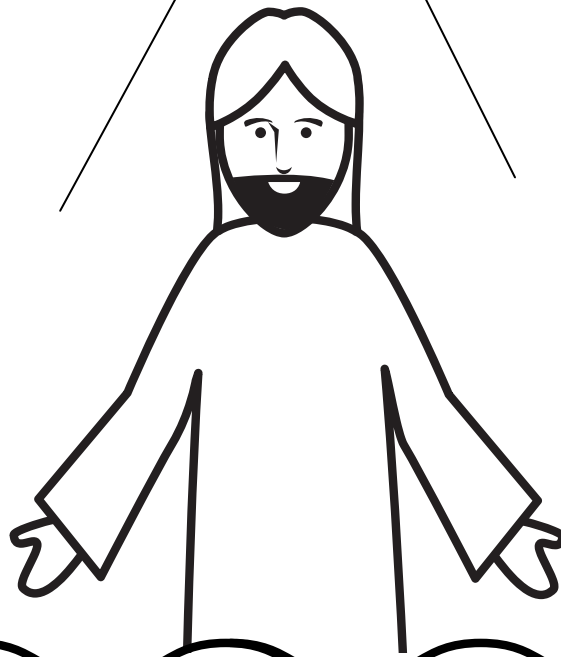
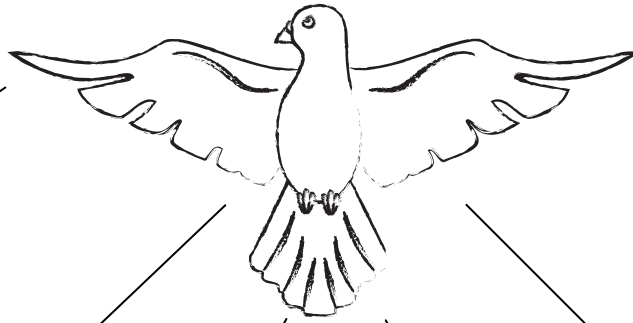
CHECK IT OUT: THE BIBLE IN A YEAR



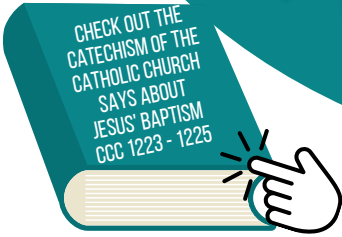
The Bible in a Year Podcast guides Catholics through the Bible in 365 daily episodes, providing commentary, reflection, and prayer along the way. This podcast has been number one in the US since the beginning of the New Year! 1) Read the ENTIRE Bible; 2) Feel more confident about your understanding of Scripture; 3) Experience the transformative power of God's Word in your daily life; 4) Start seeing the world through the lens of Scripture. *Note that some readings contain adult themes and may not be suitable for children.*



You are my Son, the Beloved;
my favour rests on you'.



Luke 3: 15-16, 21-22



**Take Action!
Take a Step!
Move!**



The 1% Rule

THE SECRET TO STICKING TO NEW YEAR'S RESOLUTIONS!

LUKE 3: 15-16, 21-22

Therefore, my dear brothers & sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.
1 Cor 15:58



HAVE YOU MADE ANY NEW YEAR'S RESOLUTIONS? HAVE YOU MADE THEM IN THE PAST?
WHAT HAS BEEN YOUR EXPERIENCE OF TRYING TO STAY FAITHFUL TO THEM?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "THE SECRET TO STICKING TO A NEW YEAR'S RESOLUTION" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



Click here to see the montage Fr Mike references and see what you think!



What is it about the Rocky movies that Fr Mike finds so inspiring?

What effect did seeing Rocky IV have on Fr Mike and his siblings?

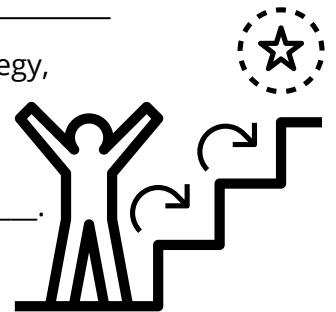
INSPIRATION ON ITS OWN IS NOT ENOUGH FOR CHANGE TO HAPPEN...



What cycling team did Dave Brailsford coach to victory in just three years?

Brailsford credited "mimimal aggregate gain" as his winning strategy, also known as The _____ rule.

In simple terms this means we try to improve ourselves by ____ % every _____.
Small steps that help us move towards where we want to be.



This Rule demands we have a clear sense of _____.

For Christians that means asking "What kind of person does God _____ me to be by the _____ of this _____?"

To discover this, Fr Mike invites us to do two things: _____ and _____



goal:

WHEN WE HAVE A CLEAR VISION, WE CAN DECIDE ON THE SMALL 1% IMPROVEMENTS THAT BRING US CLOSER TO THE VISION GOD HAS PLANTED IN OUR HEARTS.

Being faithful does not necessarily mean having a lot of faith and feeling it a lot.



- **Faithful means:** Keeping your _____ and keeping them _____.
- **Consistency** will beat _____ every time!

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

THE 1% RULE

LUKE 3:16-16, 21-22

AM I CONSISTENT IN CHOOSING THE LORD? AM I CONSISTENT IN REPENTING WHEN I FALL? EVEN IN THE MIDST OF FAILURE AND SIN, DO I REMAIN FAITHFUL? DO I CHOOSE GOD WHEN I FALL?

STILL FEELING A BIT MEH? *It's not about your emotions!*

If you are feeling lukewarm and don't care, what does Fr Mike recommend?

Remember: your intellect and will can guide your _____.



Now Read Luke 3:16-16, 21-22



The story of the Baptism of Jesus might seem simple enough until we start probing a little deeper. Why was John baptising people in the River Jordan? So they could repent of their sins and prepare for the coming of the Messiah. Did Jesus need to repent of any sins? Of course not, He is God, and He **was** the coming Messiah. So why did he get baptised?

Jesus' baptism was *symbolic*. Jesus, as God, actually *sanctified* the waters by His descent into them, rather than needing to be cleansed of any sin. His baptism was for *our* sake, not for His. He chose to embrace and represent the human condition which is broken and in need of forgiveness and healing, and this was symbolised at his baptism. His public ministry is about to begin, and at that moment, the Father says, "You are my Son, the Beloved; my favour rests on you." The will of Jesus was completely united with the Will of the Father. If we want to become the person God is calling us to be, we also need to unite our will to His, and follow His guidance for each day and each action of our lives!

"God has placed a vision of your life for who he wants you to be at the end of this year.

Choosing that faithfully, just 1% every day, ends up resulting in the kind of person God wants you to be."

(Fr Mike Schmitz)

MISSION!

SPEND TIME THIS WEEK PRAYING, JOURNALLING AND COMMITTING TO THE KIND OF PERSON GOD WANTS YOU TO BE AT THE END OF THIS YEAR: WHAT VIRTUES, DECISIONS, GROWTH, PRUNING, CHANGE WILL THAT REQUIRE? WHEN YOU'RE READY, COMMIT TO YOUR FIRST 1%, AND THEN REPEAT DAILY TILL THE END OF THE YEAR! KEEPING A JOURNAL, A WRITTEN RECORD, WILL HELP YOU.



PRAYER TIME!

Father God, my Father, You have a loving plan for my whole life. I do not know exactly where You want to lead me, but grant me the grace to trust in Your plan. Show me now who it is You want me to be at the end of this year. Teach me daily what I need to do, to become that person, the best version of myself. Help me to commit to small steps faithfully, to grow 1% closer daily to that vision.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE YEAR AHEAD



- [Your Plans for Us - Eleventh Hour Worship](#)
- [When God's Perfect Plans - Resound Worship](#)
- [I will trust - Elevation Worship](#)
- [Your Promises - Elevation Worship](#)
- [The Change in Me - Casting Crowns](#)
- [I will follow You - Kristene di Marco](#)
- [I choose to worship - Rend Collective](#)
- [Good to me - Audrey Assad](#)

Click the links for the YouTube videos to listen to some suggestions!



**New Year's Resolutions ... for Me or for God?
LITTLE BY LITTLE w/Fr Columba Jordan CFR**



**The Key to Self-Mastery: Improvements
by Aggregation of Marginal Gains**